

HEALTH PROMOTION & PREVENTION INITIATIVES

NEWSLETTER



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Initiative Spotlight



Prevention, Management, and Surveillance of Exertional Heat Illness

The issue: Heat casualties, both in garrison and in many areas of deployment, represent serious threats to successful mission completion. From 1993 to 2002, a total of 1,440 Army personnel were hospitalized for treatment of heat injuries. From 1997 to 2002, a total of 8,084 Soldiers were treated as outpatients for heat injuries. Currently, Soldiers are serving in some of the hottest areas of the world.

The proposed solution: This HPPI initiative monitored heat illness surveillance, then standardized medical treatment and medical disposition. Input was provided to line commanders on appropriate methods of conducting training to prevent serious injury in their Soldiers. Specific high-risk events were identified, including large-scale runs and ruckmarches.

Innovative approach for this initiative: Both line and medical leadership were involved in a common effort to reduce exertional heat illness. Advanced technologies were used to keep remote sites informed of hazardous weather conditions.

Initiative impact: This initiative reduced the number of heat injuries and heat casualties at this large training installation. This initiative served as a model for the Heat Injury Prevention Program which was endorsed for implementation by The Office of the Surgeon General (OTSG). TB MED 507 and other resources, including a video, are available at <http://chppm-www.apgea.army.mil/heat/>.

Lessons Learned: Strong leadership at the installation was essential to keep a project of this size and duration moving along. In addition, a high-level of commitment from installation leadership was also necessary to bring the program to the attention of the Surgeon General.

Family Self-Care

Many good family self-care resources can be found online. Tricare Online

(<http://www.tricareonline.com/index.html>)

has an extensive General Health

information section,

including *Condition*

Explorer, Be Well,

Rx Checker, Health

Calculator, Anatomy

Explorer, and Get

Answers. Under

Condition Explorer, specific conditions

are listed by body part. Click on a condition

and a page pops up with the definition,

causes, risk factors, symptoms, diagnosis,

treatment, prevention, and organizations.

Self-care, when appropriate, is included in

treatment information.



Hooah4Health also has a wide variety of prevention resources and self care information, including the PPIP Personal Health Guide and the AHRQ Pocket Guide to Good Health. Other prevention resources include:

- Men's Health
- Women's Health
- Disease Prevention
- Injury and Trauma Prevention
- What is Wellness?
- Moderation

For more information, visit

<http://www.hooah4health.com/prevention/default.htm>.

The USACHPPM *Soldier Health Maintenance Manual* is a self care manual that was written for young trainees.

However, it contains general health promotion information and self care flow charts that could be used for a broader audience.

To download a copy, visit

<http://chppm-www.apgea.army.mil/documents/TG/TECHGUID/shmm.PDF>.

Program Pointers

Program Goals and Objectives – What Can They Do For Your Program?

Well-written **goals** help you form a plan to address the issues identified by your community needs assessment. Goals help you focus on a specific result and a specific audience (i.e., decrease tobacco use among Soldiers aged 18 – 24).

Writing specific, measurable **objectives** help you determine which interventions will best produce the targeted behavior change. For example, if one of your program objectives involves raising *awareness* of the impact of tobacco use on readiness issues, such as wound healing and night vision, this might lead you to include a *health communication intervention* as part of your program.

A well-written set of objectives include **process objectives**, which outline program inputs. These inputs include the resources needed to run the program (personnel, materials, classroom space, etc.). For example, you decide that posters are an ideal health communication intervention to reach your target audience. Therefore, one of your process objectives could be the number of posters printed and displayed.

Goals and objectives help you evaluate the success of your program

Objectives help you identify the data that needs to be collected. By analyzing that data in light of your goals and objectives, you will be able to evaluate program effectiveness. For example, you could conduct a survey before and after the poster campaign to measure the increase in awareness among your target audience.

HPPI News & FAQs

Health and Productivity Management

Health and Productivity Management (HPM) is a new field that emphasizes the vital relationship of employee health to workplace productivity and corporate performance. HPM is a valuable strategy to increase Soldier readiness and productivity while on duty.

Several validated survey tools have been developed to measure lost performance at work due to health status (“presenteeism”). The Work Limitations Questionnaire (WLQ) was administered recently to female Soldiers at four HPPI beta test sites for the Pregnancy/Postpartum Physical Training (PPPT) Program. Data analysis of the WLQ outcomes will be posted on the HPPI web page (<http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>) once the analysis is complete.

For more information about HPPI, or to see past issues of the HPPI newsletter, visit <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

To subscribe to this newsletter or send comments/suggestions send email to:

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Don't Reinvent the Wheel!

May is Better Hearing and Speech Month

Hearing is a deployment issue. Hearing loss due to noise exposure is progressive, painless, and permanent.

The best way to prevent hearing loss due to noise exposure is to eliminate or reduce the noise level so that it is not hazardous. When noise cannot be eliminated, hearing protection should be worn.



For more information on hearing and hearing protection, visit <http://chppm-www.apgea.army.mil/hcp/default.aspx>.